

**Sacramento Police Department
Training / Research & Development Division
In-Service Training Unit
2020**

Course Title: Sacramento PD Wellness Series (24hrs)

Course Description: This six course training series incorporates wellness education for law enforcement officers with an innovative 360-degree approach to physical, mental, financial, and emotional well-being.

Course Objectives: The objectives of this course are to:

- Teach stress and anxiety reduction techniques;
- Increase exercise;
- Reinforce a healthy work-life balance;
- Practice mindfulness;
- Assess financial fitness; and
- Get better rest and eat healthier.

Course Outline:

- I. Module **One** - Introduction to Mindfulness
 - Orientation & Introductions
 - Components of mindfulness
 - Importance of body awareness
 - Perceptions and thoughts
 - Stress and its implications
 - Functions of the mind
 - Tools to work with thoughts
 - Communication
 - Determining your communication style (questionnaire)
 - Mindful Listening
 - Difficult Communications Calendar
 - Components of self-compassion
 - Ways to practice self-compassion

- II. Module **Two** - Maneuvering through Nutrition Confusion
 - What does a basic healthy diet look like?
 - Why we eat poorly, and why it can be so hard to change habits
 - How to simplify and eat healthier
 - Resources

- III. Module **Three** - Fitness

- Overview of fitness components and principles
- How these components and principles interact
- On-line application introduction – discuss the use of a smartphone app to promote workout structure and enhance motivation/adherence
- Use of TrainHeroic
- Fitness workouts
- Learn Fitness Components - Blueprint for physical activity guidelines and service as a tool for organizing and executing a well-balanced workout routine
- Discuss Training Principles and Applications – applying the training principles of Specificity, Overload, Adaption and Reversibility to training applications

IV. Module **Four** – Financial Fitness

- Explain four areas of focus for a balanced life
- Challenges in personal finance
- Steps to taking control
- Ways to determine your present financial picture (Where am I now?)
- Ways to determine future financial needs and goals (Where do I want to be?)
- Ways to help achieve financial goals (How do I get there?)
- Pitfalls that can keep you from your goals...
- Review / Take-a-way exercises to improve financial and personal wellness
- Present basic terms related to investment accounts

V. Module **Five** – Resiliency & the Work-Life Balance

- “How you perceive yourself vs. how your family perceives you?”
- Effects of imbalance
- “I USTA” syndrome – reincorporating habits and hobbies from the pre-law enforcement life
- Effects of sleep
- Discuss Practices and Tools
- Review / Take-a-ways

VI. Module Six - Student Evaluation

- Tools to continue
- End of Series personal self-evaluations

Course Assessment/Evaluation: Participants will learn & build resiliency through:

- Understanding financial wellness;
- Injury prevention;
- Increasing physical fitness;
- Demonstrating proper nutrition
- Understanding the effects of sleep deprivation and stress; and
- Embracing mindfulness strategies.